

# ROMANO'S Macaroni GRILL®

## ZUPPA DELLA CASA & INSALATA (Includes dressing)

	Serving Size	Cals	T Fat(g)	S Fat(g)	Sod(mg)	Carb(g)	Fiber(g)	Prot(g)
Caesar Salad	As Served	260	20	4	480	14	2	5
Chicken Caesar	As Served	650	42	9	1450	29	5	40
Fresh Greens	As Served	320	26	5	300	20	3	3
Parmesan-Crusted Chicken	As Served	960	63	16	1990	49	8	51
Scallops & Spinach Salad	As Served	360	18	4	1610	16	8	25
Warm Spinach Salad	As Served	330	20	7	1810	21	8	19
Amalfi Chicken Soup	As Served	420	12	7	1380	45	4	31
Pasta e Fagioli Soup	As Served	330	14	3	790	39	9	13

## FRESH ITALIAN SANDWICHES (Add choice of side)

	Serving Size	Cals	T Fat(g)	S Fat(g)	Sod(mg)	Carb(g)	Fiber(g)	Prot(g)
Grilled Chicken Sandwich	As Served	670	20	8	1670	63	5	58
Imported Prosciutto Sandwich	As Served	630	23	10	1840	68	6	39
Choice Caesar Salad side	As Served	130	10	2	240	7	1	3
Choice Fresh Greens Side	As Served	160	13	3	150	10	1	2

## MEDITERRANEAN LUNCH (Includes dressing, add any two)

	Serving Size	Cals	T Fat(g)	S Fat(g)	Sod(mg)	Carb(g)	Fiber(g)	Prot(g)
1/2 Grilled Chicken Sandwich Only	As Served	335	10	4	840	31	2	29
1/2 Imported Prosciutto Sandwich Only	As Served	320	11	5	920	34	3	19
Caesar Salad	As Served	260	20	4	480	14	2	5
Fresh Greens	As Served	320	26	5	300	20	3	3
Amalfi Chicken Soup	As Served	420	12	7	1380	45	4	31
Pasta e Fagioli Soup	As Served	330	14	3	790	39	9	13

## FRESH ANTIPASTI (Includes sauces and garnishes)

	Serving Size	Cals	T Fat(g)	S Fat(g)	Sod(mg)	Carb(g)	Fiber(g)	Prot(g)
Calamari Fritti	As Served	650	43	8	1880	42	4	23
Crab-Stuffed Mushrooms	As Served	310	24	6	910	4	3	20
Fresh Mozzarella Fritta	As Served	680	44	15	740	39	5	31
Mediterranean Olives	As Served	140	13	2	1170	4	2	0
Mozzarella Alla Caprese	As Served	330	16	9	550	33	3	13
Prosciutto e Parmigiano	As Served	470	25	12	1580	21	4	40
Roasted Vegetables	As Served	330	19	3	440	32	15	8
Romano's Sampler	As Served	800	52	14	1470	50	6	32
Shrimp & Artichoke Dip	As Served	810	46	19	2130	64	7	35
Tomato Bruschetta	As Served	560	17	6	1330	77	7	24

## NEAPOLITAN PIZZA

	Serving Size	Cals	T Fat(g)	S Fat(g)	Sod(mg)	Carb(g)	Fiber(g)	Prot(g)
Italian Sausage	Whole Pizza	970	39	18	2430	95	8	61
Margherita	Whole Pizza	720	20	11	1490	95	8	40
Pepperoni	Whole Pizza	920	37	17	2200	102	7	45
Prosciutto e Arugula	Whole Pizza	900	34	15	2290	94	8	56
Quattro Formaggio	Whole Pizza	950	34	20	1960	111	9	49
Roasted Vegetali	Whole Pizza	800	27	13	1550	102	10	39

## HANDCRAFTED PASTA

	Serving Size	Cals	T Fat(g)	S Fat(g)	Sod(mg)	Carb(g)	Fiber(g)	Prot(g)
Capellini Pomodoro	As Served	390	14	2	980	55	7	10
Carmela's Chicken Rigatoni	As Served	1080	58	29	840	100	8	40
Chicken Cannelloni	As Served	600	29	15	1410	42	6	42
Lobster Ravioli	As Served	520	30	17	1220	32	3	30
Mushroom Ravioli	As Served	790	44	19	990	70	9	26
Pasta Milano	As Served	750	24	10	1730	93	7	40
Penne Rustica	As Served	980	38	17	2830	94	13	65
Pollo Caprese	As Served	550	20	5	1660	45	7	46
Pollo Limone Rustica	As Served	990	50	24	2140	79	17	59
Sausage Salentino	As Served	900	50	14	1970	67	8	47
Seafood Linguine	As Served	650	22	4	1280	75	6	37
Shrimp Portofino - Dinner	As Served	560	35	14	1190	37	6	30
Shrimp Portofino - Lunch	As Served	560	34	14	1050	37	6	26

## CREATE YOUR OWN HANDCRAFTED PASTA

	Serving Size	Cals	T Fat(g)	S Fat(g)	Sod(mg)	Carb(g)	Fiber(g)	Prot(g)
Pasta	As Served	390	4	0	260	79	5	12

## SAUCES

	Serving Size	Cals	T Fat(g)	S Fat(g)	Sod(mg)	Carb(g)	Fiber(g)	Prot(g)
Alfredo	As Served	610	59	31	960	9	0	10
Arrabbiata Sauce (Spicy Red Sauce )	As Served	180	13	2	650	14	6	3
Bolognese (Meat Sauce)	As Served	320	21	6	1350	12	4	22
Pomodoro (Tomato Basil)	As Served	160	11	2	580	11	6	3

Roasted Garlic Cream	As Served	360	29	13	1160	18	4	7
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## TOPPINGS

Fresh Broccoli	As Served	10	0	0	10	1	0	0
Fresh Mushrooms	As Served	10	0	0	5	1	0	0
Fresh Spinach	As Served	20	0	0	65	3	2	2
Grape Tomatoes	As Served	5	0	0	0	1	0	0
Handmade Meatballs	As Served	310	18	7	920	15	2	21
Italian Sausage	As Served	330	22	8	1270	3	0	30
Roasted Chicken	As Served	130	2	1	360	0	0	28
Roasted Garlic Cloves	As Served	60	1	0	35	11	2	3
Sauteed Shrimp	As Served	45	0	0	560	0	0	10
Sun-Dried Tomatoes	As Served	60	0	0	420	11	4	3

**Cals.....Calories**      **T Fat.....Total Fat**      **S Fat.....Sat Fat**      **Sod.....Sodium**      **Carb.....Carbohydrates**  
**Fiber.....Fiber**      **Prot.....Protein**      **(g).....Grams**      **(mg).....Milligrams**

# ROMANO'S Macaroni GRILL®

<b>ROSEMARY SPIEDINI (Includes Sides)</b>								
Serving Size	Cals	T Fat(g)	S Fat(g)	Sod(mg)	Carb(g)	Fiber(g)	Prot(g)	
Center-Cut Lamb Spiedini	As Served	500	24	5	750	29	7	44
Grilled Chicken Spiedini	As Served	360	10	2	1150	17	8	51
Italian Sausage Spiedini	As Served	720	40	11	1960	43	13	47
Jumbo Shrimp Spiedini	As Served	230	5	1	670	15	6	31
<b>GRILLED SPECIALTIES (Includes Sides)</b>								
Serving Size	Cals	T Fat(g)	S Fat(g)	Sod(mg)	Carb(g)	Fiber(g)	Prot(g)	
Bistecca Filet	As Served	640	24	8	810	46	5	59
Calabrese Strip	As Served	1130	65	21	810	47	5	90
Grilled Halibut	As Served	770	34	11	1100	58	8	59
Grilled Pork Chops	As Served	1380	77	39	4040	96	14	74
Grilled Salmon	As Served	750	35	8	1550	55	7	54
Honey Balsamic Chicken, Dinner	As Served	640	15	3	2380	54	11	74
Honey Balsamic Chicken, Lunch	As Served	540	13	3	2040	54	11	51
Simple Salmon	As Served	420	22	5	770	6	0	50
<b>CLASSICO ITALIAN</b>								
Serving Size	Cals	T Fat(g)	S Fat(g)	Sod(mg)	Carb(g)	Fiber(g)	Prot(g)	
Chicken Marsala, Dinner	As Served	650	33	12	1790	49	6	39
Chicken Marsala, Lunch	As Served	620	34	12	1410	46	5	32
Chicken Parmigiana	As Served	850	37	11	1780	76	9	53
Chicken Scaloppine, Dinner	As Served	910	59	21	3030	59	7	38
Chicken Scaloppine, Lunch	As Served	740	45	17	2330	46	6	38
Eggplant Parmigiana	As Served	800	47	14	1450	65	10	30
Fettuccine Alfredo	As Served	780	46	27	1130	71	5	20
Fettuccine Alfredo w/ Chicken	As Served	910	48	28	1490	71	5	48
Fettuccine Alfredo w/ Shrimp	As Served	825	46	27	1690	71	5	30
Lasagna Al Forno	As Served	560	30	13	1480	43	7	32
Mama's Trio	As Served	1280	67	28	3360	74	12	96
Parmesan-Crusted Sole, Dinner	As Served	1710	105	39	2830	131	11	62
Parmesan-Crusted Sole, Lunch	As Served	1190	71	30	2180	101	8	37
Spaghetti Bolognese	As Served	570	19	6	1480	72	7	28
Spaghetti & Meatballs (Tomato sauce )	As Served	720	27	9	1900	85	8	34
Spaghetti & Meatballs (Bolognese sauce)	As Served	880	37	14	2400	87	9	49

<b>DRESSINGS &amp; SAUCES</b>								
Serving Size	Cals	T Fat(g)	S Fat(g)	Sod(mg)	Carb(g)	Fiber(g)	Prot(g)	
Balsamic Vinaigrette Dressing	1 fl oz	160	17	3	110	3	0	0
Caesar Dressing	1 fl oz	150	16	3	260	2	0	0
Creamy Italian Dressing	1 fl oz	110	10	2	35	5	0	0
Mediterranean Vinaigrette	1 fl oz	130	14	2	120	3	0	0
Parmesan Peppercorn Dressing	1 fl oz	120	12	4	270	2	2	0
Pizzaiola Sauce	1 fl oz	40	4	0	115	3	0	1
<b>KID'S</b>								
Serving Size	Cals	T Fat(g)	S Fat(g)	Sod(mg)	Carb(g)	Fiber(g)	Prot(g)	
Chicken Fingerias w/o Fries	As Served	810	9	1	1700	53	5	18
Fettuccine Alfredo	As Served	400	22	13	600	39	3	10
Grilled Chicken & Broccoli	As Served	260	4	1	900	40	7	18
Kid's Cheese Pizza	As Served	510	12	6	1210	77	4	24
Kid's Pepperoni Pizza	As Served	570	17	9	1460	78	4	27
Macaroni & Cheese	As Served	450	19	11	1450	49	4	21
Spaghetti & Meatball w/ Meat Sauce	As Served	310	10	4	710	38	3	17
Spaghetti & Meatball w/ Tomato Sauce	As Served	240	4	1	590	44	4	8
<b>KID'S SIDES</b>								
Serving Size	Cals	T Fat(g)	S Fat(g)	Sod(mg)	Carb(g)	Fiber(g)	Prot(g)	
Kid's Field Greens w/ Peppercorn Ranch	As Served	70	6	2	140	2	2	0
Side Fries	As Served	250	9	2	1280	40	3	3
Side Macaroni & Cheese	As Served	230	10	6	725	25	2	11
Side Steamed Broccoli	As Served	30	0	0	90	4	3	3
<b>DESSERTS</b>								
Serving Size	Cals	T Fat(g)	S Fat(g)	Sod(mg)	Carb(g)	Fiber(g)	Prot(g)	
Amaretto Apple Crispetti	As Served	1210	41	24	480	200	6	10
Italian Sorbetto w/ Biscotti	As Served	220	2	1	20	48	2	2
Lemon Passion	As Served	940	53	29	630	104	5	11
New York Cheesecake Plain	As Served	970	66	45	620	76	0	16
New York Cheesecake w/ Caramel Fudge Sauce	As Served	1090	73	44	650	93	6	16
Simple Lemon Pound Cake	As Served	250	11	6	170	35	1	3
Smothered Chocolate Cake	As Served	1580	102	47	1030	147	9	18
Tiramisu	As Served	1120	80	48	135	88	0	12

The nutritional analysis is comprised of data from an independent testing facility commissioned by Romano's Macaroni Grill combined with nutrient data from Romano's Macaroni Grill suppliers, the United States Agriculture and nutrient database analysis of Romano's Macaroni Grill recipes using Genesis SQL Nutritional Analysis Program from ESHA Research in Salem, Oregon. The rounding of figures is based on Food and Drug Administration guidelines. Romano's Macaroni Grill attempts to provide nutritional information regarding its products that is as complete as possible. Some menu items may not be at all restaurants; test products, test recipes, limited time offers, or regional items may not be included. While menu item ingredients information is based on standard product recipes, variations may occur due to ordinary differences inherent in the preparation of menu items, local suppliers, region of the country and season of the year. Additionally, no products are certified as vegetarian. This listing is updated periodically in an attempt to reflect the current status of our products.GW5 011810

**Cals.....Calories    T Fat.....Total Fat    S Fat.....Sat Fat    Sod.....Sodium    Carb.....Carbohydrates    Fiber.....Fiber    Prot.....Protein    (g).....Grams    (mg).....Milligrams**